

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Red lentils and garden peas with basmati rice	Chicken breast and peppers with couscous	Beef pieces and courgette with potatoes	Chicken breast and carrots with basmati rice	Chicken breast and cauliflower with egg free noodles
	Basmati Rice, Garden Peas, Red Lentils	Chicken Breast, Cous Cous (Contains Gluten), Green Peppers, Red Peppers, Yellow Peppers	Beef Diced, Courgettes, Potatoes	Basmati Rice, Carrot, Chicken Breast	Cauliflower, Chicken Breast, Egg Free Noodles (Contains Gluten)
		G			G
Dessert	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

Allergens Key

- D** Dairy
- E** Eggs
- SB** Soy Beans
- M** Mustard
- L** Lupin
- C** Crustaceans
- P** Peanuts
- G** Gluten
- F** Fish
- N** Nuts
- SS** Sesame Seeds
- M** Mollusc
- C** Celery
- SD** Sulphur Dioxide